

# Maqloubeh Bil Freekeh



Maqloubeh means 'upside down', a reference to how this traditional Palestinian dish is served: when the cooking is done, it is tipped over on to a plate or tray to serve. It is wholesome and filling, a frequent favorite for large families. It is traditionally made with eggplant or cauliflower or both, as here. This vegetarian version replaces the traditional round grain rice with the amazing taste and enhanced health benefits of freekeh (flame roasted green wheat).

## Ingredients:

2 eggplants, peeled, sliced ½ ". Salt and sit 15 minutes, rinse.

1 small cauliflower, cut into florets

1 yellow onion, sliced

6 small tomatoes

1 cup [Canaan olive oil](#)

3 packages of [Canaan Freekeh](#) (about 5 cups), toasted in olive oil until can smell the smoky flavor

Maqloubeh spice.

Note: Maqloubeh spice is sometimes called 7 spices, a powdered mixture of equal quantities of Allspice, Black pepper, Cinnamon, Cloves, Nutmeg, Fenugreek (can omit if not available), and Ginger.

## Preparation:

- Put olive oil in frying pan and heat. Brown and drain the vegetables in hot oil in this order: eggplant, cauliflower, onion, and tomatoes - skin side down, cut side up. Then toast the Freekeh, stirring.
- In a large deep straight sided pot, layer in onion and tomatoes, cauliflower, eggplant. Cover with toasted freekeh, slowly add water (see package) about 6 -8 cups, salted and with 1 tbsp Maqloubeh spice.
- Cover tightly and cook till steaming (don't boil) then on low-medium heat for one hour. Remove from heat and let it sit for one more hour, covered and wrapped with a towel. "It should sweat".
- Turn out on to a big plate on a bigger tray – remove cover, put lid over, hold on tight and invert. Carefully lift off pot, ready to scrape anything that didn't come out onto the top of the maqloubeh.

Check out our Facebook album of [pictures of the cooking process](#).

"Sahha ow Afyeh": Bon Appetit!